



# ELLINGTON SENIOR CENTER EVENTS JULY 2026

**\*Sign up in advance for these programs:**  
**In Person - On MyActiveCenter - Call: 860-870-3133**



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

|                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                       |
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| <div>Room Key:</div> <div>A = Activities<br/>C2= Conference 2<br/>G = Game<br/>H = Health<br/>MP = Multipurpose</div> <div>C1= Conference<br/>F = Fitness Center<br/>GR = Great<br/>L = Library<br/>O = Off Site/Outdoors</div> <div>Schedule Subject to Change</div> <div>Rooms subject to change</div> |                                                                                                                                                                                                                                                                                                                                                                                        | <div>1</div> <div>9:00am GR Mahjongg<br/>9:30am A Cut Ups Carvers<br/>10:00am <b>Welcome New Members</b><br/>1:00pm MP <b>*Movie: "Remarkably Bright Creatures"</b><br/>1:00pm A Simply Strumming</div>                                                                                                                 | <div>2</div> <div>9:00am MP Gentle Yoga<br/>9:30am <b>*Footcare</b><br/>10:00am A Coloring &amp; Cards<br/>11:15am MP Stretch/Strength<br/>1:00pm MP <b>*Documentary: "A New Beginning"</b><br/>1:00pm A Setback<br/>2:00pm GR Chair Volleyball</div>                              | <div>3</div> <div>CLOSED IN OBSERVANCE OF</div> <div></div>                                                                                                                                                           |
| <div>6</div> <div>8:45am MP Interm. Tai Chi<br/>9:00am A Chess Mates<br/>9:00am GR Gentle Yoga<br/>10:30am GR Stability Class<br/>12:30pm MP Needlecrafts<br/>1:00pm A Board Games<br/>2:00pm GR Chair Yoga<br/>3:00pm GR Meditation</div>                                                               | <div>7</div> <div>9:00am A Bridge<br/>9:00am MP *Beginner Tai Chi<br/>10:00am MP Adv. Tai Chi<br/>10:00am C2 <b>*Ask the Realtor</b><br/>11:15am MP Stretch/Strength<br/>1:00pm A Dominoes<br/>1:00pm MP TED Talk "What I got wrong about changing the world"<br/>2:15pm GR/MP *Line Dancing</div>                                                                                     | <div>8</div> <div>9:00am GR Mahjongg<br/>9:30am A Cut Ups Carvers<br/>10:00am C2 <b>*Ask the Atty.</b><br/>12:00pm GR <b>*Ice Cream</b><br/>1:00pm MP <b>*Movie: "Springsteen: Deliver Me From Nowhere"</b><br/>1:00pm C2 <b>*Tech Assist</b><br/>1:30pm A Simply Strumming</div>                                       | <div>9</div> <div>9:00am MP Gentle Yoga<br/>10:00am A Coloring &amp; Cards<br/>11:15am MP Stretch/Strength<br/>1:00pm MP <b>*Documentary: "Birth of Freedom"</b><br/>1:00pm A Setback<br/>2:00pm GR Chair Volleyball</div>                                                         | <div>10</div> <div>8:45am MP Tai Chi Practice<br/>9:00am GR Breakfast<br/>9:00am GR Wii Bowling</div>                                                                                                                 |
| <div>13</div> <div>8:45am MP Interm. Tai Chi<br/>9:00am GR Yoga<br/>9:00am A Chess Mates<br/>10:30am GR - Stability<br/>12:30pm MP Needlecrafts<br/>1:00pm A Board Games<br/>2:00pm GR Chair Yoga<br/>3:00pm GR Meditation</div> <div>*TRIP: Tall Ships</div>                                            | <div>14</div> <div><b>Billiards Open at 12pm</b><br/>9:00am A <b>*Acrylics</b><br/>9:00am <b>G</b> Bridge<br/>9:00am MP *Beginner Tai Chi<br/>9:45am GR <b>*Generations at Play</b><br/>10:00am MP Adv. Tai Chi<br/>11:15am MP Stretch &amp; Strengthen<br/>1:00pm A Dominoes<br/>1:00pm MP TED Talk "The simple habit for a happier social life"<br/>2:15pm GR/MP *Line Dancing</div> | <div>15</div> <div><b>Billiards Open at 12pm</b><br/>9:00am GR Mahjongg<br/>9:30am <b>G</b> Cut Ups Carvers<br/>10:00am C2 <b>*Ask Ins. Agent</b><br/>10:30am A <b>Book Club</b><br/>1:00pm C2 <b>Genealogy</b><br/>1:00pm MP <b>*Movie: "On the Basis of Sex!"</b><br/>1:30pm A Simply Strumming</div>                 | <div>16</div> <div>9:00am MP Yoga<br/>10:00am A Coloring &amp; Cards<br/>11:15am MP Stretch &amp; Strengthen<br/>1:00pm C2 <b>Creative Writing</b><br/>1: 00pm MP <b>*Documentary: "Nothing to Fear But Fear Itself"</b><br/>1:00pm A Setback<br/>2:00pm GR Chair Volleyball</div> | <div>17</div> <div>8:45am MP Tai Chi Practice<br/>9:00am GR Breakfast<br/>9:00am GR Wii Bowling</div>                                                                                                                 |
| <div>20</div> <div>8:45am MP Interm. Tai Chi<br/>9:00am A Chess Mates<br/>9:00am GR Gentle Yoga<br/>10:30am GR Stability Class<br/>12:30pm MP Needlecrafts<br/>1:00pm A Board Games<br/>2:00pm GR Chair Yoga<br/>3:00pm GR Meditation</div>                                                              | <div>21</div> <div>9:00am A Bridge<br/>10:00am MP Adv. Tai Chi<br/>11:15am MP Stretch &amp; Strengthen<br/>1:00pm A Dominoes<br/>1:00pm MP TED Talk "Why humans should merge with AI"<br/>2:15pm GR/MP *Line Dancing</div>                                                                                                                                                             | <div>22</div> <div>9:00am A <b>*Acrylics</b><br/>9:00am GR Mahjongg<br/>9:30am A Cut Ups Carvers<br/>10:00am C2 <b>*Ask the Financial Advisor</b><br/>10:00am H <b>*Reiki</b><br/>12:00pm GR <b>*Pizza</b><br/>1:00pm MP <b>*Movie: "Ferrari"</b><br/>1:00pm C2 <b>*Tech Assist</b><br/>1:30pm A Simply Strumming</div> | <div>23</div> <div>9:00am MP Gentle Yoga (video)<br/>10:00am <b>C2</b> Coloring &amp; Cards<br/>11:15am MP Stretch &amp; Strengthen<br/>12:00pm A Setback - Christmas in July<br/>1:00pm MP <b>*Documentary: "Into the Wilderness"</b><br/>2:00pm GR Chair Volleyball</div>        | <div>24</div> <div><b>NO Breakfast</b><br/>8:45am <b>A</b> Tai Chi Practice<br/>9:00am GR Wii Bowling<br/>10:30am MP <b>Moving Forward with Parkinson's Disease</b><br/>11:00am <b>*Lunch Bunch: Maine Fish</b></div> |
| <div>27</div> <div>8:30am H <b>*Haircuts</b><br/>8:45am MP Interm. Tai Chi<br/>9:00am A Chess Mates<br/>9:00am GR Gentle Yoga<br/>10:30am GR Stability Class<br/>12:30pm MP Needlecrafts<br/>1:00pm A Board Games<br/>2:00pm GR Chair Yoga<br/>3:00pm GR Meditation</div>                                | <div>28</div> <div>9:00am O <b>*Hike</b><br/>9:00am A Bridge<br/>10:00am MP Adv. Tai Chi<br/>11:15am MP Stretch &amp; Strengthen<br/>1:00pm A Dominoes<br/>1:00pm MP TED Talk "How to do laundry when you're depressed"<br/>2:15pm GR/MP *Line Dancing</div>                                                                                                                           | <div>29</div> <div>9:00am GR Mahjongg<br/>9:30am A Cut Ups Carvers<br/>10:00am C2 <b>*Massages</b><br/>1:00pm MP <b>*Movie: "Feel My Voice"</b><br/>1:30pm A Simply Strumming</div> <div>Hike Rain Date</div>                                                                                                           | <div>30</div> <div>9:00am MP Gentle Yoga<br/>10:00am A Coloring &amp; Cards<br/>11:15am MP Stretch &amp; Strengthen<br/>1:00pm MP <b>*Documentary: "Never Surrender"</b><br/>1:00pm A Setback<br/>2:00pm GR Chair Volleyball</div>                                                 | <div>31</div> <div>8:45am MP Tai Chi Practice<br/>9:00am GR Breakfast<br/>9:00am GR Wii Bowling</div>                                                                                                                 |